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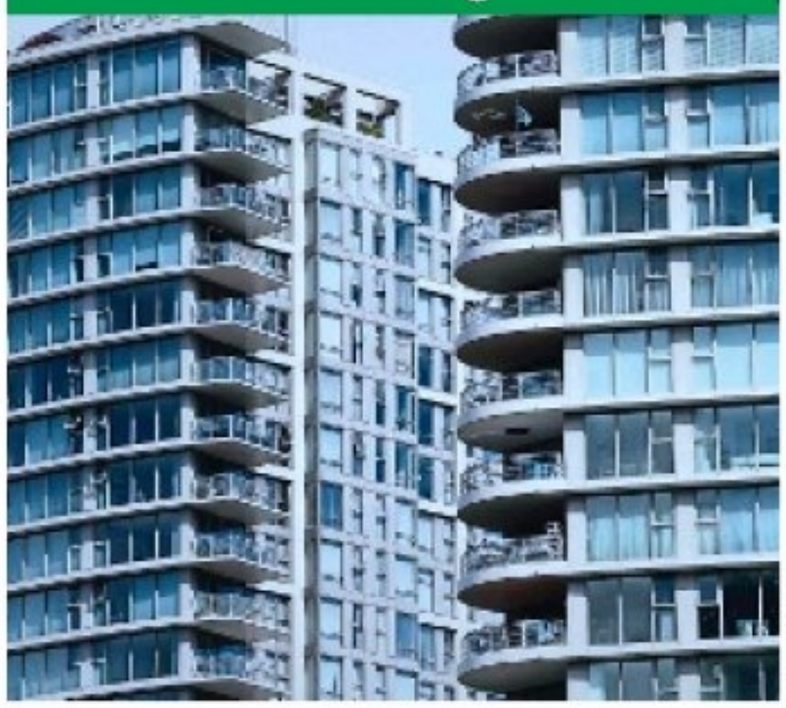

Transit

Vancouver mayor talks about the promise — and challenges — of the year ahead metroNEWS

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metro NEWS
Your essential daily news

Prince Charles has co-authored a children's picture book on climate change

3D printers hit brick 'n' mortar

ENTREPRENEURSHIP

Brothers say their store lets people see the magic in action

Wanyee Li
Metro | Vancouver

Two local entrepreneurs say their new 3D printing store, a first for Vancouver, will bring a technology that was previously only accessible online to the everyday customer.

"A lot of times people read about it or they see videos online but they've never been able to see how it works in real life," said Chris Choi, co-owner of 3DSmith.

Choi is a business school graduate and opened the store with his brother, Steve, an engineer, two months ago. The twenty-somethings started their business on 3D Hubs, a crowdsourcing 3D printing website, but soon realized they could attract more customers if they had a retail storefront.

"For me and my brother, it is our job to show (customers) around and show them how 3D printing can fix a problem in their daily life."

They make a point of 3D printing their own office supplies and equipment.

"We try to print out as many things as we can from our printers for the store. That can trigger ideas for them for their home or offices," he said.

The downtown store quickly attracted new repeat customers. Eight jewellery companies contacted them within several weeks of 3DSmith opening, said Choi.

The jewellers were especially interested in the resin printers, which use light to cure liquid resin into solid designs, he said. It turns out the companies wanted to use those designs as moulds to make their jewellery.

"Now we have a diverse reach to some of the markets we didn't think about," said Choi.

About 70 per cent of 3DSmith's sales come from engineers, architects or companies, he said. The rest are walk-in customers. Overall, the Chois get much more traffic now compared to when they operated out of their homes on 3D Hubs.

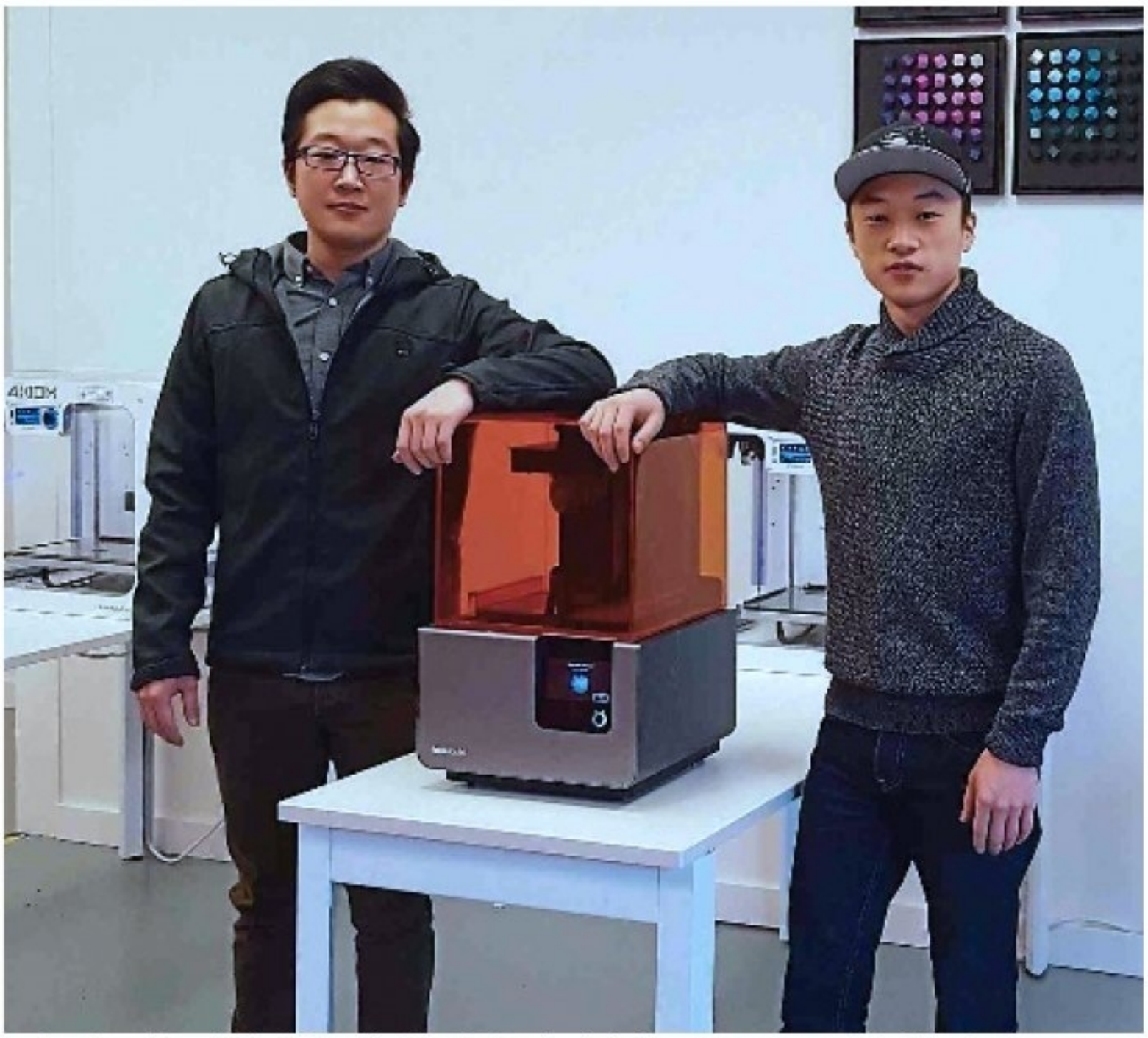
A 3D Hubs spokesperson told Metro in October that part-time hubs, such as Steve Choi's, make about $1,200 a month by printing an order every other day.

In contrast, Chris Choi says 3DSmith has six printers and receives an average of five orders a day.

Some of those orders are straightforward figurines that customers can pick up a couple of hours later, but others require a more artistic touch.

For instance, quite a few people have asked for a 3D model of their dog that had passed away, said Choi.

"We have worked with a couple artists in the past where people have pictures of their late dog and the customers really want to get a 3D rendering of it. So we worked with two different artists to stitch up the images."



Brothers Steve, left, and Chris Choi stand beside a LSA 3D printer in their new Vancouver store, 3DSmith, on Sunday. CONTRIBUTED

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JENNIFER GAUTHIER/METRO FILE

'We have to deliver more'

POLITICS

Mayor gives Metro his take on high stakes year for city

David P. Ball
Metro | Vancouver

This year is an "opportunity" to make "sweeping changes" for affordability, Vancouver's mayor told Metro in an interview Sunday in which he admitted his administration needs to hit the "reset" button on family housing.

While housing and transit are "keys" to affordability, the city has also spent thousands opposing Kinder Morgan's pipeline expansion, set to begin construction this fall.

With an election looming in May, it's clear much is at stake. Here's what Robertson told Metro, edited for length.

What does this year look like to you? How optimistic are you, versus how challenging is it going to be on these big files coming up?

I see 2017 as a year for making sweeping changes for affordability in Vancouver — that we take it to the next level on housing and transit in particular, and finally turn a corner on an affordability crunch that's been so tough to rein in.

The housing and transit combo is the key to affordability. We have to deliver more across the board.

The whole housing and homelessness file has been controversial. Some people are saying you're not doing enough, others that the city's efforts to step in are misplaced. For instance, on the warming shelters controversy people said you were over-stepping, asking, 'Why is the city doing the province's job?'

In an ideal world, the B.C. and federal governments would deliver on their responsibilities for housing and ensure there's adequate housing for everyone, no homelessness and appropriate housing at all levels supported by government. When we don't have definitive commitments from the provincial and federal government, the city is forced to step in and do damage control.

With the emergency warming shelters, what was the role of your office — and how do you respond to some of the Community Centre Associations who were willing to take in homeless people but felt it was foisted upon them without enough consultation or due process?

The homelessness crisis keeps deepening and we have to take desperate measures to make sure people are not suffering and dying on our streets. Council gave clear direction to city staff to take any and all measures to address the homelessness crisis this winter and ensure we're doing everything we can as a city to keep people warm, safe and alive.

As the cold snap intensified, we realized the B.C. shelters were all full and there was no more funding there to open more shelters. City staff looked at other options; community centres were an obvious next step given that it's worked in other cities … particularly at night when nobody's there. Desperate times call for steps like this to keep people alive.

Mayor Gregor Robertson JENNIFER GAUTHIER/METRO FILE

Were you frustrated when you found out the issue had become politicized at Parks Board?

I was stunned that the Parks Board commissioners at the NPA thought the warming centres should be shut down. That's just cold-hearted and cruel. This is a time when we need to focus on taking care of people. Using warm, empty public buildings to do that is an important humanitarian response. To see it politicized, and even the thought of pushing people outside in the cold when the shelters are all full … that was bizarre and callous.

Are your Airbnb regulations and empty homes tax enough on housing?

We have some big ideas coming with our 'housing reset,' which is an overhaul of our housing strategy to make sure it delivers for affordable across the spectrum … We'll be rolling out changes over the next several months.

We're looking at new family housing guidelines to make Vancouver more family friendly, and everything's on the table to deliver affordability now. We need to think about the future of our single-family neighbourhoods and how we can make Vancouver more affordable for families with kids — to do thoughtful changes in single-family home neighbourhoods … The housing reset will deliver some sweeping changes to deal with affordability and increase the supply.

Let's talk about transit. How long are people going to have to continue getting passed up on the Broadway line getting passed by, trying to get to work or school?

The Broadway subway and Surrey rapid transit are the big long-term projects that we need final commitments from the B.C. and federal governments early this year.

The mayors are kicking off their 10-year transit improvements vision this month … We've taken the first steps with a $2-billion investment in bus and SkyTrain service, led by the region. Now we need a commitment from the B.C. and federal governments to fund major projects like Broadway, Surrey and the Pattullo Bridge.

Turning to Kinder Morgan, some say it's past its final hurdle with Ottawa and B.C. won over. What's left for the City of Vancouver, considering how much has been invested already in advocacy on this that seems to have not swayed either government?

(Sighs loudly). The Kinder Morgan decisions are very disappointing for Vancouver. The conditions laid out by B.C. still fall way short of addressing the serious environmental and economic concerns raised by citizens, communities and First Nations.

If the Kinder Morgan board actually goes ahead with the expansion, what are you going to do if it comes to a stand-off?

It's not a done deal yet … We need to wait and see what plays out. I know lots of people are extremely upset and considering actions when construction starts, but I think at this point it's still premature.

'PLAYING POLITICS'

Not everyone's a fan of Mayor Robertson's tough talk against heavy oil pipelines, tanker traffic, or B.C. and federal funding for housing and transit.

Non-Partisan Association City Coun. Melissa De Genova says Robertson's Vision Vancouver slate is "playing politics," while putting urgent housing and transit priorities at risk.

"We need to stop beating up on the federal and provincial governments," she told Metro. "I'm concerned with how the mayor came out against the federal government (on its Kinder Morgan approval) — we may lose out as a city on dollars for future projects for transit, infrastructure and housing."

Rain to wash away ice, fun on the lake

WEATHER

Forecast spells end for city's current winter wonderland

Wanyee Li
Metro | Vancouver

Vancouver residents tired of the ice and snow can breathe a sigh of relief because rain is coming to the Lower Mainland — lots of it.

But with this week's forecast of rain comes the risk of flood because of the leftover snow and ice, warned Environment Canada metrologist, Trevor Smith.

"You've got falling rain and the extra melting contribution from the snow. It's a change back to normal but with the snow on the ground, that adds a bit of a wild card," he said.

"Some local urbanized flooding where storm drains are clogged — that could be a problem."

Temperatures for Metro Vancouver can get as high as 10 C on Tuesday and Wednesday.

Moderate to heavy rain is forecasted to begin Monday and continue throughout the week, he added.

"It's something we haven't seen for a while so we're probably due for it. You can see there's no end in sight once it gets going."

The rain and warm temperatures will be enough to finally wash away the ice, he confirmed.

And that means there will probably be no more pond hockey in Vancouver for a while.

Hundreds of people took to the ice at Trout Lake in East Vancouver on Saturday. JEFF HODSON/METRO

HEALTH

Never quit quitting: National Non-Smoking Week turns 40

David P. Ball
Metro | Vancouver

It's not often our leaders urge us to quit anything.

But that's exactly what British Columbia's health minister, Terry Lake, prescribed for the province's smokers as he kicked off National Non-Smoking Week on Sunday — the 40th year of the initiative which launched in 1977. "I know quitting smoking is not easy," he said. "Quitting may take practice and it can take a number of times to be successful. There's no better time to get ready to quit."

One in seven of the province's residents smoke, according to Statistics Canada's 2014 data (the most recent available). That's the lowest rate in the country, but it's dropped little in five years despite government efforts.

> **As someone who has witnessed loved ones struggle with nicotine addiction, I know your family, are grateful for your decision for better health.**
>
> Terry Lake, B.C. minister of health

Lake's call for people to "try going smoke-free" by taking the first step and visiting the B.C. website quitnow.ca isn't just health advice. It's also deeply personal, he said.

"As someone who has witnessed loved ones struggle with nicotine addiction, I know your family, friends and pets are immensely grateful for your decision for better health," he said in a statement Sunday. "But sometimes offering help is just not enough."

While short on concrete proposals to curb smoking levels below B.C.'s most recent 14.3 per cent rate — which climbs to 17.4 per cent among men — Lake pointed to Hawaii and California's recent raising of the tobacco-buying age to 21 as promising.

Through its smoking cessation program, a key plank of Premier Christy Clark's own BC Liberal leadership campaign, the province offers residents free nicotine patches, gun, lozenges and inhalers, plus prescription drugs. That program has already seen 234,500 people enrol, the statement said.

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Overnight shelter reopens

WEATHER

Official says more is being done to keep centres safe

Jen St. Denis
Metro | Vancouver

There is no evidence that discarded needles pose any more harm to public health than "a rusty nail," says B.C.'s provincial health officer, calling the controversy around Vancouver's cold weather warming centres "unfortunate" in the wake of a used needle being found by a child at Creekside Community Centre on Jan. 9

"Obviously you want to keep (needles) away from kids," said Dr. Perry Kendall following a public event in Point Grey. "But opening warming centres during the (cold spell) — people can get hypothermia and they can die — the decision was the right one to make."

Starting in December, the city began opening several community centres overnight.

People could come and go, or could sleep at the centres through the night.

But following the needle incident, this week the city ceased using most of the community centres as warming centres and opened Carnegie Community Hall, the Quality Inn on Hornby St. and Evelyn Saller Centre. The warming centre at Britannia Community Centre stayed open.

To date, the warming centres have seen 4,000 visits.

At a Jan. 12 park board meeting, Non-Partisan Association commissioner Sarah Kirby-Yung brought forward a motion to suspend operation of warming centres at community centres while the city worked with the park board on a long-term plan. The motion was defeated.

On Jan. 13 the park board announced that West End Community Centre would again open at 10 p.m. to provide overnight shelter from the cold.

A used needle was found by a child at Creekside Community Centre on Jan. 9. WANYEE LI/METRO FILE

"We're in a time of crisis and we're seeing it all over the place. In Strathcona Community Centre they do needle sweeps three times a day or more — needles are just part of their community," said Mike Wiebe, chair of the park board, who voted against the motion.

"It's a park board issue because it deals with out playgrounds and our parks, with the public and the city and how we help our vulnerable people."

> **People can get hypothermia and they can die — the decision was the right one to make.**
> Dr. Perry Kendall

Non-Partisan Association commissioner Sarah Kirby-Yung, who brought the motion forward, said the city did not consult with the park board as the initiative went from being an emergency measure to a longer-term service, and there were problems with park board staff dealing with situations they weren't familiar with.

"We had the president of the West End Community Centre Association come and speak last night, and he was going on about all the significant challenges they'd had." Kirby-Yung claimed those challenges included public urination and defecation and "shooting up in front of children." Needles continue to be a significant concern, she said.

Wiebe said staff and resources were being stretched thin. More staff, including park rangers and extra security, will be on hand tonight.

The park board says the decision to open the West End Community Centre was made in consultation with the West End Community Centre Association and at request of the homeless outreach team at the City of Vancouver.

Wiebe added that of 350 emails the park board received about the warming centres over the past week, 342 were supportive of the service.

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POLITICS

B.C. Liberals report $12.3M in donations in 'real time'

The British Columbia Liberal Party says it will begin posting its political donations in real time, starting Friday by revealing it collected $12.3 million in corporate and individual contributions last year.

The Election Act filing deadline for 2016 donations is March 31, but the figures were released in what the party said is a voluntary move to improve transparency and accountability.

"Our system is based on a fair and simple principle: parties compete for financial support from those who share their values, just like they compete for votes," said Todd Stone, Transportation Minister and Liberal Party campaign co-chairman in a statement.

"Our voluntary real-time reporting of donations, in addition to strict spending limits on parties during campaigns, means citizens can have confidence in our democracy," he said.

The party has been criticized for holding exclusive fundraising events with access to Premier Christy Clark where tickets can cost up to $20,000 each.

Clark said last year she would move to introduce real-time reporting of donations and the party said it will now post its financial contributions online within 10 business days of deposit — and well ahead of next May's B.C. election.

Data released by the Liberal Party stated it received $7.9 million in corporate donations and $4.4 million in individual contributions last year.

The party said in a statement individual donors outnumber corporate donors by a four-to-one margin, with 9,324 individuals and 1,876 corporations making donations in 2016. The statement said 84 per cent of corporate donations last year were $5,000 or less.

The largest Liberal donations in 2016 were primarily from the corporate sector, with Vancouver's Aquilini Investment Group contributing $131,000, property project developer 2300 Kingsway Residences donating $200,000 and Bert's Electric (2001) Ltd., of Langley contributing $100,000.

The new reporting system shows the first few weeks of 2017 have produced dozens of donations to the Liberals, including $100,000 from Goldcorp Inc., $20,400 from Rennie Marketing Systems Ltd., and $25,000 from West Fraser Mills Ltd. THE CANADIAN PRESS

IN BRIEF

Police deem fire suspicious

A Saturday morning blaze at an Abbotsford residence is being deemed suspicious by investigators. Abbotsford Fire Rescue Service arrived to find the home engulfed in flames.

Abbotsford police say all eight residents at the home were alerted to the fire early and escaped safely.

Police say the cause of the fire is under investigation and they're asking anyone with information to come forward. THE CANADIAN PRESS

Indigenous voices on pipelines

FIRST NATIONS

Province's program aims to improve spill response

A new program in the works at Alberta's research and development agency aims to improve pipeline monitoring and spill response by enlisting more indigenous people.

Hundreds of thousands of kilometres of oil and gas pipes criss-cross the province, many in remote areas near the homes of First Nations and Metis people.

Ecologist Shauna-Lee Chai is hoping to get some traction for a feasibility study in the coming months into indigenous monitoring.

"We thought that this made perfect sense just because indigenous people have strong ties to the land," said Chai, who is with InnoTech Alberta, a subsidiary of the Crown corporation Alberta Innovates.

"They're often boots on the ground. They spend a good part of their day, many of them, practising their traditional rites: hunting, fishing, collecting berries and medicines."

Alberta has a program in the works that aims to improve pipeline monitoring by enlisting indigenous people in the effort. JEFF MCINTOSH/THE CANADIAN PRESS

InnoTech expects the first phase of a feasibility study would include reviews of existing industry practices and training programs, the design of a "pipeline monitoring 101" program and a market survey to determine job potential for trainees.

The next phase could involve training 10 to 15 indigenous people from at least three communities.

"If we could reduce the response time in people finding these leaks and affecting some sort of first response, I think that would go a far way," said Chai, who added participants could be taught to use drones or sniffer dogs to help detect pipeline problems.

Ron Mistafa, a dog trainer who spent several years in the Calgary police K-9 unit, said Chai approached him about getting involved in the nascent project.

"There's enough work and enough pipeline, especially old pipelines, to keep everybody busy," said Mistafa, head of Detector Dog Services International.

Byron Bates, a councillor with the Fort McMurray #468 First Nation, said getting indigenous people more involved sounds like a good idea.

"If this is land that their families have lived on for thousands of years, they know the land better than anybody," he said.

> If this is land that their families have lived on for thousands of years, they know the land better than anybody.
> Byron Bates

The community understands firsthand what can happen when something goes wrong with a nearby pipeline. In July 2015, a year-old pipeline ruptured at Nexen Energy's Long Lake oilsands site and spilled about five million litres of bitumen, sand and produced water southeast of Fort McMurray, Alta.

But Bates said benefits the industry has brought to the community can't be dismissed.

"If our First Nation had to live off the money we get from the federal government alone, we would be living in poverty." THE CANADIAN PRESS

DRUNK DRIVING

Harsher sentences called into question

Experts are questioning whether a recent trend toward stiffer sentences for those who kill someone while drinking and driving are doing much to solve the problem.

Earlier this week, an Ontario judge acknowledged that recent high-profile decisions have established new precedents for the sorts of sentences drunk drivers can face if they cause a death.

Justice Cary Boswell referenced several examples, including the 10-year sentence handed down to Marco Muzzo after he killed three children and their grandfather while intoxicated. He then continued the trend by sentencing Marcello Fracassi to six years behind bars for fatally striking a city worker.

22%

Number of Canadians who admit driving within two hours of drinking, up 5 per cent from the year before, according to TIRF's 2016 Road Safety Monitor

Experts agree that judges have been handing down harsher sentences, saying only B.C. appears to be bucking the national trend. But they also say the tougher sentences fail in their stated aims of deterring drunk drivers.

Andrew Murie, chief executive of Mothers Against Drunk Driving Canada, said motorists are more deterred by the possibility of getting caught, not the consequences of a hypothetical tragedy.

"It's not a deterrent," Murie said. "It never has been, it never will."

The Traffic Injury Research Foundation (TIRF) said drunk driving has consistently accounted for nearly a third of deaths on Canada's roads for years.

TIRF Research Associate Steve Brown pointed to a number of proven deterrents that have emerged, including graduated licensing programs with zero tolerance for alcohol on young drivers and administrative suspension powers accorded to the provinces.

But he shares Murie's views that stiff penalties are not a driving factor.

"There's going to be some people out there, it doesn't matter how strict the laws are, how tough the sentences are, there's this perception that they can get away with it," he said. THE CANADIAN PRESS

MILITARY

Commit to aid: Ukraine

Ukraine's envoy says his country is growing concerned about whether Canada will continue its future military support to his country to help it deter Russian aggression.

Canada has deployed 200 troops to Ukraine in a non-combat mission working with Ukrainian troops on marksmanship, communication, survival and ethics training. The mission is set to expire at the end of March.

But with thousands of U.S. troops arriving in Poland and neighbouring countries to bolster NATO forces, Ukraine is anxious to see an extension of Canada's commitment to it.

"It has taken us much longer than we expected to discuss the future format of our co-operation," said Andriy Shevchenko, the Ukrainian ambassador to Canada. Shevchenko suggested Canada might be wary in light of its upcoming military responsibilities in Latvia.

"Those people who sit in the Kremlin and plan their other terrible activities in Ukraine, the sooner they learn that the West and Canada is serious about future co-operation, the better it is." THE CANADIAN PRESS

HEALTH

HIV law is hitting women the hardest

There is a question that Saara Greene says comes up early when she speaks with HIV-positive women: "Would I get charged if I was raped?"

18

The number of women charged for offences related to HIV non-disclosure in Canada since 1989.

Greene, an associate professor of social work at McMaster University, said she and her team of community-based researchers hear this often during workshops with women about the criminalization of HIV non-disclosure.

That scenario has not happened, and would be unlikely, but Greene said she and her team hear it time and again as women who live with the virus explore how it impacts their everyday lives. THE CANADIAN PRESS

Assaults soaring in Dickens-era jail

It opened in 1859, the year Charles Dickens' new novel A Tale of Two Cities transfixed readers with Dr. Manette's tormented imprisonment at the Bastille.

Built from stone, Her Majesty's Penitentiary in St. John's, N.L., was meant to be "stark, severe, forbidding." In its old basement dungeon, shackles were once used to keep inmates in solitary confinement. HMP was the site of at least five hangings.

"It's not a correctional facility. It's a penal institution," said Bob Buckingham, a criminal defence lawyer who often represents clients held at HMP.

There have been updates and add-ons to the original stone structure through the decades, creating an unwieldy labyrinth of modern units and old-style cells with barred doors.

Critics say it's an appalling Victorian-era throwback that should be bulldozed. THE CANADIAN PRESS

IN BRIEF

Report highlights stark wealth gap in Canada

The two richest Canadians have the same amount of wealth as the poorest 30 per cent of the country combined, according to a new report from a group of international aid organizations.

The Oxfam report says the wealth of billionaire businessmen David Thomson and Galen Weston Sr. equals that of about 11 million Canadians. THE CANADIAN PRESS

Parti Quebecois leader touts "Buy Quebecois Act"

The leader of the Parti Quebecois says he would quickly adopt a "Buy Quebecois Act" if he were to become premier.

Jean-Francois Lisee says the act would be inspired by the idea of a Buy American law in the United States and would stimulate Quebec's economy by encouraging the purchase of local products.

He made the proposal during a speech at the party's national council meeting in Quebec City. THE CANADIAN PRESS

SERBIA AND KOSOVO

Train sets off crisis in Balkans

A Serbian train halted at the border with Kosovo and bearing signs reading "Kosovo is Serbian" has fuelled a major crisis in the Balkans and escalated a potential Russia-West row over dominance in the war-torn region.

Serbia accused Kosovo's leaders on Sunday of "wanting war" and warned that it would defend "every inch" of its territory, a day after the train, provocatively decorated in Serbian Christian Orthodox symbols and flags, was prevented from entering the neighbouring nation.

Kosovo, supported by much of the West, declared independence from Serbia in 2008. But Serbia and its Slavic Orthodox ally, Russia, do not recognize the split. Serbia has sought to maintain influence in Kosovo's north, where most of the country's Serb minority lives.

Kosovo Prime Minister Isa Mustafa said he had contacted the U.S. and the European Union.

"The time of provocation, conflicts and wars should belong to the past," Mustafa said.

THE ASSOCIATED PRESS

DISASTER

Protect migrants, Pope says as sea search goes on

Pope Francis demanded Sunday that "every possible measure" be taken to protect young refugees, as search-and-rescue efforts continued off Libya's coast following the latest deadly migrant shipwreck.

Italy's coast guard said only four people survived the sinking of a migrant ship carrying around 100 people. THE ASSOCIATED PRESS

Sen. Elizabeth Warren has pushed back against several of President-elect Donald Trump's decisions in just the past few weeks.

GETTY IMAGES; THE ASSOCIATED PRESS

Warren vs. Trump

U.S. POLITICS

President-elect's top Democratic foil embracing the fight

Donald Trump's election has propelled Sen. Elizabeth Warren into an even sharper partisan spotlight as she embraces her role as a top Democratic foil to the Republican president-elect.

In just the past few weeks, Warren has penned a scathing 16-page critique of Trump's nominee for education secretary, Betsy DeVos; grilled his pick for housing secretary, Ben Carson; co-sponsored legislation requiring the president and vice-president to disclose and divest any potential financial conflicts of interest; and signed onto legislation to block the creation of a federal religious registry.

The Massachusetts Democrat is leaning on every lever of power she has — from her fundraising prowess to her social media accounts — to position herself as a leading voice of a party in political exile.

"My priorities haven't changes since the day I got into office," Warren said.

> What the Republicans are doing is irresponsible and cruel.
> Elizabeth Warren on the push to repeal Obamacare

"I see my job as making sure the voices of ordinary people aren't drowned out in Washington by those who have money and power."

Her list of grievances with Trump is long and growing longer.

But in a shift from the campaign, when Warren lobbed Twitter grenade after Twitter grenade to get under Trump's skin, she says her criticism is now more focused on her top priority: the economic well-being of middle- and working-class families.

She has excoriated Trump's pick for Treasury secretary, Steven Mnuchin, saying he profited from the foreclosure crisis; called out Trump's Department of Labor nominee, fast food entrepreneur Andrew Puzder, after hearing from workers who said they were underpaid, had their wages stolen, and were forced to work in unsafe conditions; and vowed to fight to protect President Barack Obama's health-care law and preserve the Consumer Financial Protection Bureau, which she helped create.

"The Republicans have put us on the path to repealing the ACA (Affordable Care Act), and that will make a profound difference in the lives of millions of Americans," Warren said. "I'm all for making the ACA better, but not for throwing it out. What the Republicans are doing is irresponsible and cruel."

Warren won't say whether she is prepping for a possible 2020 run for president, although she has announced plans to run for re-election in 2018, making the case for a second term in part by again pointing to "Donald Trump and his team of billionaires, bigots, and Wall Street bankers" in an email to supporters.

THE ASSOCIATED PRESS

DONALD DIGEST

A roundup of other news about the president-elect

Outgoing CIA chief rips into Trump on Russia threat

The outgoing CIA director charged on Sunday that Donald Trump lacks a full understanding of the threat Moscow poses to the United States, delivering a public lecture to the president-elect that further highlighted the bitter state of Trump's relations with American intelligence agencies.

Kremlin counts days to inauguration, blasts Obama

With eager anticipation, the Kremlin is counting the days to Donald Trump's inauguration and venting its anger at Barack Obama's outgoing administration, no holds barred.

Thousands rally to resist health law repeal drive

Thousands of people showed up in freezing temperatures on Sunday in Michigan to hear Sen. Bernie Sanders denounce Republican efforts to repeal President Barack Obama's health care law, one of dozens of rallies Democrats staged across the country to highlight opposition.

White House media corps could be relocated

Routine media access to the White House could be a thing of the past under Donald Trump's presidency, with top officials of the incoming administration saying Sunday that they're exploring more spacious options nearby.

The news, first reported Sunday, raised alarms that it was the end to the longstanding tradition of daily press briefings in the White House, a reflection of Trump's contentious relationship with the news media.

THE ASSOCIATED PRESS

Nations push for two-state solution

Sending a forceful message to Israel's prime minister and the incoming Trump administration, dozens of countries Sunday called on Israel and the Palestinians to revive work toward long-elusive peace — including an independent Palestinian state.

The closing declaration at a Mideast peace conference in Paris urged both sides to "officially restate their commitment to the two-state solution" and disassociate from voices that reject this. It also warned them against taking one-sided actions that could hurt talks, an apparent reference to Israeli settlement building.

More than 70 diplomats gathered Sunday in Paris. THE ASSOCIATED PRESS

While the Palestinians welcomed Sunday's declaration, Israeli Prime Minister Benjamin Netanyahu called the conference "rigged" and cooked up to force Israel to accept conditions against national interests.

The French organizers argued the conference was necessary to keep hopes alive for a two-state solution between Israel and the Palestinians — the solution favoured by the international community for the past two decades.

Many members of Netanyahu's coalition want to abandon the two-state solution and expand settlements, and some have even called for annexing parts of the West Bank.

In a nod to Israel, the final declaration of Sunday's conference included criticism of incitement and "terror," a reference to Palestinian attacks. And some of the pro-Palestinian language in an earlier draft was removed after diplomats huddled in Paris.

THE ASSOCIATED PRESS

Bahrain rallies turn violent over executions

Bahrain on Sunday carried out its first executions since an Arab Spring uprising rocked the country in 2011, putting to death three men found guilty of a deadly bomb attack on police.

The executions of the Shiite men drew swift condemnation from human-rights groups and sparked intense protests by opponents of the Sunni-ruled government, who see the charges as politically motivated. Activists allege that testimony used against the condemned men was obtained through torture.

Hundreds of demonstrators took to the streets in several predominantly Shiite communities to protest the executions.

The rallies at times turned violent as youth hurled projectiles and petrol bombs while police responded with birdshot and tear gas, witnesses said. The sound of gunfire could be heard into the night.

Bahrain's public prosecution said the death sentences were carried out by firing squad.

The executions were the first in the U.S.-allied nation since 2010 and followed a spike in protests in solidarity with the convicted men.

THE ASSOCIATED PRESS

When trademarks become offensive

FIRST AMENDMENT

Law restricting names is pitted against free speech

The Slants aren't exactly a household name when it comes to music, but the Asian-American rock band has certainly made its mark in the legal world.

The Oregon-based group has spent years locked in a First Amendment battle with the government, which refuses to register a trademark for the band's name because it's considered offensive to Asians.

That fight will play out Wednesday in the nation's highest court as the justices consider whether a law barring disparaging trademarks violates the band's free-speech rights.

For Slants founder Simon Tam, the name was chosen not to offend, but to take on stereotypes about Asian culture. He says the band is reclaiming a term once used as an insult and transforming it into a statement of cultural pride.

"Words aren't equipped with venomous impact on their own," he said in an interview. "They have to be tied to motive and rooted in context."

But the U.S. Patent and Trademark Office didn't see it that way. It refused to register the name in 2011, saying a trademark can be disparaging even if it's meant to be used in a positive light.

A divided federal appeals court handed the band a victory four years later, ruling that the law prohibiting offensive trademarks is unconstitutional.

If the decision is upheld, the government warns it will be forced "to register, publish and transmit to foreign countries marks containing crude references to women based on parts of their anatomy; the most repellent racial slurs and white supremacist slogans; and demeaning illustrations of the prophet Mohammed and other religious figures."

THE ASSOCIATED PRESS

+ REDSKINS

The Washington Redskins had hoped to piggyback on the Slants case and have the Supreme Court hear their dispute at the same time. The justices declined. A Virginia federal appeals court has put their case on hold pending the outcome of the Slants case.

TransAlta's Brazeau hydroelectric project is looking at dusting off half-century-old plans to pump stored water to the hydro plant in times of need. CONTRIBUTED TRANSALTA/THE CANADIAN PRESS

POWER PLANTS

Renewable energy poses new challenge

The rise of renewable power has created a need for energy storage that companies are fulfilling with underwater balloons, multi-tonne flywheels and decades-old designs.

The need for energy storage comes from the temporary and sometimes unpredictable nature of renewable energy. The wind doesn't always blow and the sun doesn't always shine.

Power companies and utilities have been looking to compensate for that with what amount to giant batteries and smooth out delivery, storing energy in times of low demand and distributing it when demand is high.

Northland Power has been developing a 400-megawatt pumped storage project that takes the form of an old flooded mine, sitting on a plateau just outside of Marmora, Ont.

The project pumps water up into the mine pit when there's extra energy, and then lets it run out through a turbine when more energy is needed.

TransAlta Corp. is looking at a similar pumped storage operation to expand its Brazeau hydroelectric project.

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metro VIEWS
METRO FOCUS ON ACTIVISM!
Your essential daily news
Monday, January 16, 2017

In turbulent times, some people take a stand. This week, Metro is dedicating this page to activism in a testament to those who are willing to act, and not just talk, when it's needed the most.

URBAN ETIQUETTE **ELLEN VANSTONE**

THE QUESTION

How do I tell my friends that they're wrong to disparage the Women's March in Washington?

Dear Ellen,

When I heard about the Women's March in Washington on January 21, I immediately signed up and thought all my friends would too. But some of them think it's a silly idea. How do I politely tell them they're wrong, and that all people should be mobilizing for women's rights?

Maddie

Dear Maddie,

Indeed. I'm constantly shocked when people I'm close to don't agree with my point of view. I feel the world would be a much better place if everyone thought and acted as I did — though I admit there would be less fine cooking and probably way too many people cutting their own hair.

I too signed up for the women's march the second I heard about it. And even if going to Washington isn't feasible, or affordable, for some, I figured every reasonable, decent person I knew would want to support the march, or join a local event in support of it, or at least "like" the effort on Facebook.

Nope. Not only did some friends reject the idea, my best friend from Grade 1, who moved to the U.S. years ago, told me on Facebook that she voted for Trump.

Before the election, I would've argued with her, or at least cut her off. Since the election, I've reconsidered my approach. I'm not as smug as I used to be. I'm really sick of angry divisiveness. Instead of clobbering people with my superior beliefs, or acidly mocking theirs, I figure it's time to stop talking and start acting in a way that might do some good in the world.

So while I don't understand how my otherwise reasonable, decent American friend could support such an unreasonable, indecent candidate, I'm ready to listen to her reasons if she ever wants to discuss them with me.

In the meantime, I'll march in Washington this Saturday — not as an act of dissent or display of anger. But in an effort to promote the values that so many people before us have fought and too often died for.

I'll march to draw attention to the "women's" issues that actually affect men. As former UN Secretary General Kofi Annan once pointed out, gender equality is good for men and women: "Families are healthier, they are better fed, their income, savings and reinvestment go up."

I'll march as a role model so girls and boys can see people standing up for what they believe in in a democratic society.

I'll march because this event isn't just about sexism; it's also about the damage our patriarchy does to people of colour, and to individuals who are gay, lesbian, transgender, disabled.

I'll march as a message to the Trump knock-offs in Canada who are currently vying to lead the Conservative Party. I won't give them any free ink by naming them here.

So, Maddie, don't worry about friends who don't understand. Those of us who do march will help spread a message of strength and hope for women, men and children of every stripe, everywhere.

FIELD GUIDE An activist needs an active mind

Social movements involve action but also learning and study. In his book Learning Activism, Prof. Aziz Choudry of McGill University argues intellectual work in social movements is underappreciated, and that anyone who wants to fight for change needs to first find "access to what others have learned, in the past, or elsewhere, from a different positioning in society."

VICKY MOCHAMA

In case of apathy, open this box

When George Zimmerman was found not guilty of the murder of Trayvon Martin, I was furious. Not at the verdict but at the people around me.

(The verdict seemed oddly foretold; black people's weariness and skepticism of the justice system isn't a matter of cultural indifference but of evidence-based policy.)

The people around me at the time — most of them white — were silent and remained so while I embarked on a reckoning. Twitter, where I had been following the trial, became my classroom. Black people became my teachers. Black women, especially, gave colour and context to experiences I had dealt with my whole life.

But my white friends — smart, kind, humane people — had been left behind. Which is why I was intrigued by the premise of Safety Pin Box. Created by two Black Lives Matter activists from Seattle, Safety Pin Box is a monthly subscription service that is trying to develop true allies out of white people. Building on the idea that safety pins could be worn as symbols of safety and allyship, the company wants to turn away from symbolic gestures and towards real actions toward cultural change.

I spoke to Marissa Johnson, one of the company's founders. "It's not policy that drives social change," she said. "It's culture. What we're really trying to do is change the culture and change the social norms around white."

The company's creators have taken from their activism — Johnson once disrupted a Bernie Sanders speech to speak out against police brutality — and woven it into the fabric of Safety Pin box.

Each month, subscribers receive a series of tasks and questions designed around a theme related to black political life. One example Johnson gave was of an elderly black women. By asking questions — "Where are older black women in your community? Where do they spend time?" — they highlighted an often overlooked contingent of the black activist community. As a result, Johnson said one subscriber, an Uber driver, now offered free rides to elderly black women when he could.

Safety Pin box isn't the only company to form around activist ideas. Noir Reads is a recently launched subscription service that delivers books by black authors from across the globe. Signalling one's politics for a profit isn't revolutionary: let she who did not wear a Che Guevara shirt throughout high school cast the first stone. But to do so in a way that deepens and continues the fight for radical change is.

As Johnson says, "White guilt is good when it motivates you to do better."

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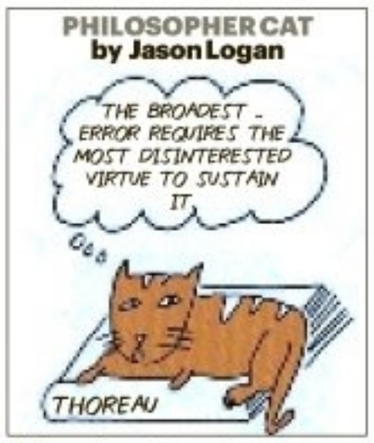

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metro LIFE

Your essential daily news

Monday, January 16, 2017

20%

With a median household income of $40,581, millennials earn 20 per cent less than boomers did at the same stage of life, according to new analysis.

Reel politics of horror movies

CULTURE

Best genre films made in time of social upheaval

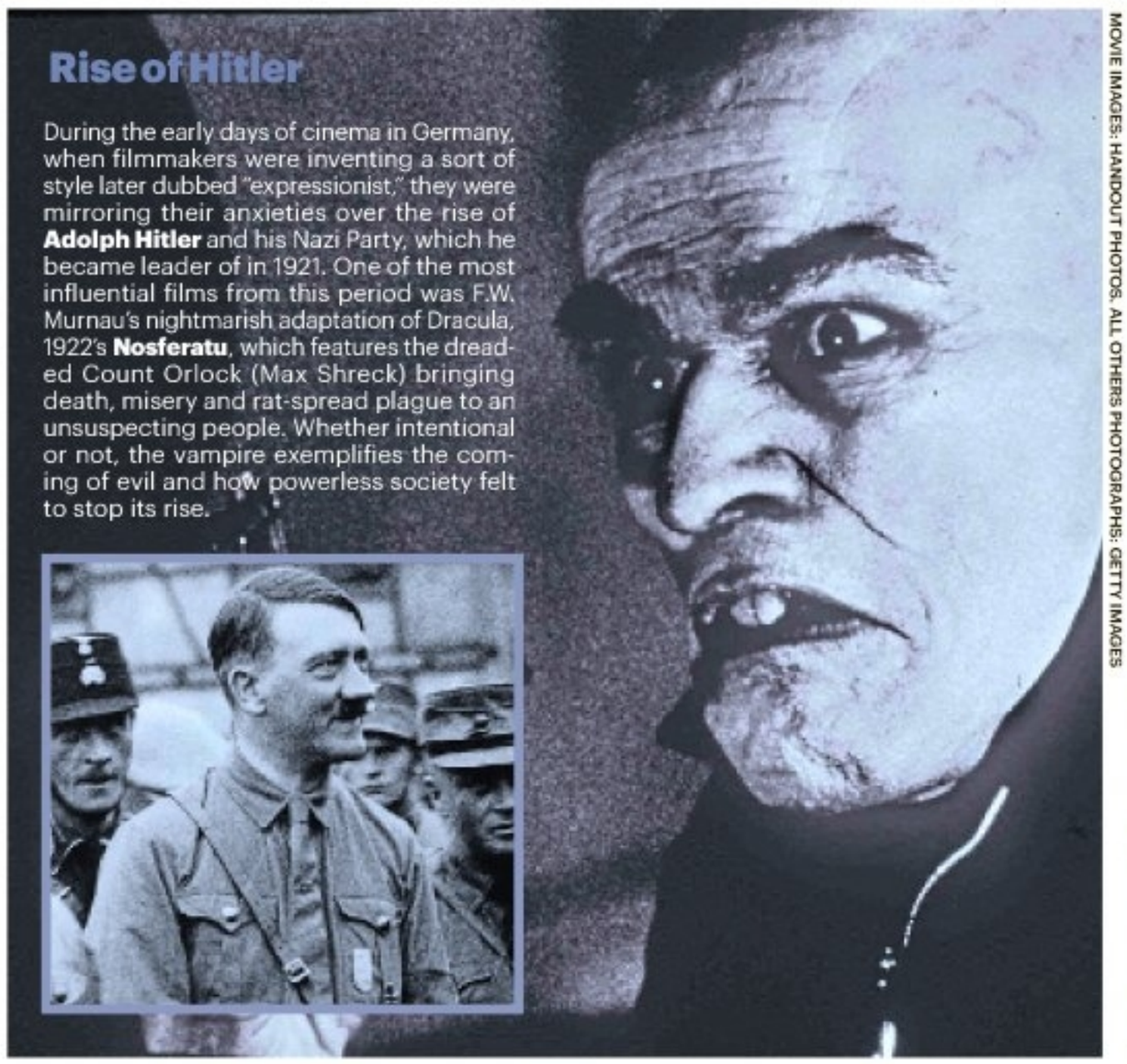
Chris Alexander
For Metro Canada

There are a great number of human beings on the face of this planet who are dreading Jan. 20. For them, the day represents an affirmation that, despite the progress we've made globally as a civilization, a certain kind of regressive thinking has trumped all. On Inauguration Day, an allegedly sexist, xenophobic, socially volatile Twitter bully becomes the leader of the free world.

While you cannot rightly predict the future, a majority of those in the arts are aghast at what may come. The good news: when creative-types are afraid, their juices start-a-flowing. And, if said types just happen to make horror movies, well, buckle up, suckers! Horror history has proven the greatest and most influential movies in the genre sprout up when there is social and political unrest.

Rise of Hitler

During the early days of cinema in Germany, when filmmakers were inventing a sort of style later dubbed "expressionist," they were mirroring their anxieties over the rise of **Adolph Hitler** and his Nazi Party, which he became leader of in 1921. One of the most influential films from this period was F.W. Murnau's nightmarish adaptation of Dracula, 1922's **Nosferatu**, which features the dreaded Count Orlock (Max Shreck) bringing death, misery and rat-spread plague to an unsuspecting people. Whether intentional or not, the vampire exemplifies the coming of evil and how powerless society felt to stop its rise.



MOVIE IMAGES: HANDOUT PHOTOS. ALL OTHERS PHOTOGRAPHS: GETTY IMAGES

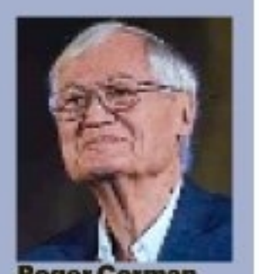
Today's anxieties

B-Movie legend Roger Corman has just released the film Death Race 2050, a violent, satirical sequel to his equally outrageous 1975 cult favourite Death Race 2000. Both films depict a blood-hungry, disenfranchised America addicted to a car-racing game show that sees its WWE-esque driver/gladiators mowing down the weakest pedestrians for extra points and audience enthusiasm.

"I felt the time was right for another Death Race," 90-year-old Corman said about the film, which features a Donald Trump-esque dictator (played by a comb-over sporting Malcolm McDowell) lording over the country, now called The United Corporations of America. "I am worried about what is happening now, let's put it that way. But I believe in the Constitution. I believe strongly that the values of the American Constitution will prevail."

Since Corman, who has made hundreds of movies over the past 60 years, has seen numerous governments and politicians rise and fall, we are cautiously optimistic he's right.

No matter what happens, many film fans are intrigued to see the inevitable wave of confrontational and reflective horror films to come — like Jordan Peele's race-based shocker Get Out, in which a young black man becomes trapped in a secret white suburb that turns its African American residents into mindless, grinning drones; or the socio-political zombie movie The Girl With All the Gifts, wherein a dying world under siege by a fungal zombie plague uses its infected children as test subjects and worse; and the health-care allegory A Cure For Wellness, in which a sinister high-end spa keeps its patients deathly sick so that they'll never, ever leave. The world may be going mad, but macabre moviemaking is alive and thriving.



Roger Corman

World War II

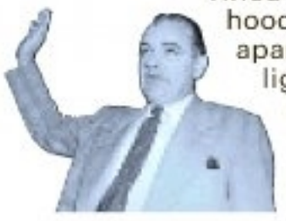
While Hitler was taking over Europe in the 1930s, many of the key expressionist filmmakers in Germany fled to Hollywood, where they were hired to make the first wave of American horror films. They included cinematographer Karl Fruend who would direct such essential films as 1932's **The Mummy** (the likes of which will see a remake released this year). Though more romantic in nature, the monster movies of the 1930s tapped into the unease of a country that feared that transformation was coming, that the Frankenstein monster was a First World War-defeated Germany rising to get revenge.

Post War

As the Second World War progressed, the supernatural horror film gave birth to the morally ambiguous and wildly cynical films of the "noir" subgenre, in which human monsters were a far more urgent threat on the home front. **When the war ended with a nuclear explosion**, the Japanese gave us **Godzilla** (1954), a long-dormant, city-levelling mutant woken up by the bombing of Hiroshima. America answered with their own brand of radiated beasts, like the giant ants in 1954's Them and an endless spate of apocalyptic horrors that only got more savage as the Cold War raged and fears of impending nuclear holocaust became a palpable reality.

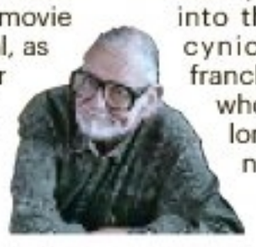
The Red Scare

With the Cold War came **Senator Joseph McCarthy's communist witch hunt** and the terror of losing one's identity. On screens were paranoid "alien invasion" movies like 1956's **Invasion of the Body Snatchers** (with "pod people" de-humanizing average citizens) and later Rod Serling's influential TV series The Twilight Zone, which features such episodes as The Monsters are Due on Maple Street, where a terrified neighbourhood tears itself apart when the lights go out and their machines stop working.



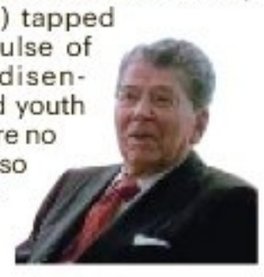
Vietnam War

With the start of the Vietnam War, American families were treated to daily scenes of death and misery in their homes on the six o'clock news. The Civil Rights movement swelled too, with the lid ripped off the seething sheen of racism that lurked everywhere. Horror films answered the reflective mood. **George A. Romero's landmark 1968 horror movie Night of the Living Dead** had an African American hero who is killed at the climax. Though Romero claims the movie was not intentionally political, as he was driving to New York for its premiere, he turned on the radio to learn that Martin Luther King had been assassinated. Intentional or not, art was reflecting life.



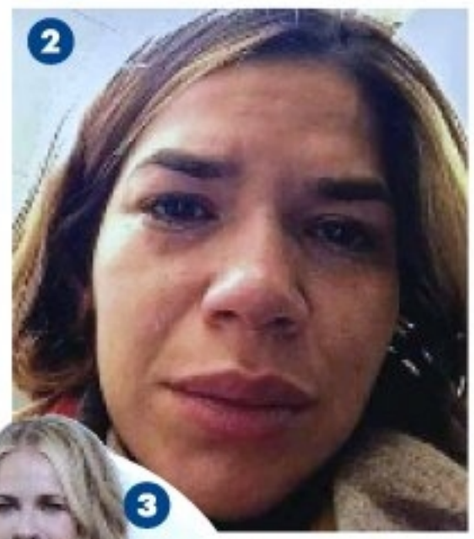
'80s and '90s

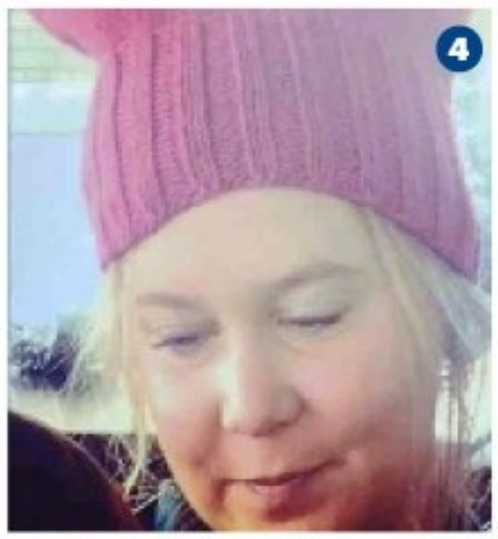
Despite the ire raised by angry censors and religious groups, the slasher movies of the **Ronald Reagan**-era 1980s (like Friday the 13th and **Nightmare on Elm Street**) were in fact incredibly conservative. In them, young people who transgress and sneer at conservative values are cut to ribbons while only the virginal and virtuous survive. In the 1990s, with George H.W. Bush and the Gulf War, Scream (1996) tapped into the pulse of cynical, disenfranchised youth who were no longer so naïve.



Celebs join march for women

Celebrities may be dropping out of Donald Trump's inauguration faster than you can say "social media backlash," but Hollywood is turning out in force for the Women's March on Washington. GENNA BUCK/METRO





1. Katy Perry

The singer, who stumped for Hillary Clinton during her campaign, declared on Twitter "SISTERS ARE DOIN' IT FOR THEMSELVES!" as she announced her plans to attend the march.

2. America Ferrera

The Superstore actress took this selfie that shows tears on her face after Trump got elected, saying she was experiencing grief and sadness. Ferrera has since mobilized into action, once again. On Saturday she Instagrammed a march promo poster with the caption "My brown, immigrant, vagina-having ass will be there!"

"As artists, women, and most importantly dedicated Americans, it is critical that we stand together in solidarity for the protection, dignity and rights of our communities," she said.

3. Chelsea Handler

The TV host and veteran stand-up comic will lead a sister march in Park City, Utah, one of hundreds of solidarity marches planned around the U.S. and the world.

4. Amy Schumer

This politically outspoken comedy darling called Trump a "an orange, sexual-assaulting, fake-college-starting monster" at one of her shows. She Instagrammed a photo of herself wearing Pussyhat Project gear last week, writing "See you at the march!"

5. Scarlett Johansson

The Avengers actor is a longtime supporter of Planned Parenthood. She told Variety that attacks on reproductive choice from Trump and Republicans are "pretty terrifying." She said she's attending the march to make her voice heard and stand up for what she believes in.

CANADIANS ON THE MARCH

Francyne Joe
The head of the National Native Women's Association of Canada is speaking in Ottawa.

Béatrice Vaugrante
The general director of Amnesty International Canada will speak in Montreal.

Nasra Adem
Edmonton's Youth Poet Laureate and curator of Sister 2 Sister arts collective will share a poem in Edmonton.

Social media
Former Torontonian Samantha Bee is reportedly attending in D.C.; singer k.d. lang is marching in Calgary; while actor Pamela Anderson has tweeted support.

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metro SPORTS

"There are certain games that you want to get up more so than others": The Warriors' Draymond Green on tonight's game in Cleveland vs. the Cavs

Pack deliver in the clutch

NFL PLAYOFFS

Green Bay ousts Dallas on last-second field goal

Aaron Rodgers didn't need another Hail Mary this time.

Maybe just call it a "Half Mary."

Rodgers threw a 36-yard pass to a toe-dragging Jared Cook on the sideline, and Mason Crosby kicked a 51-yard field goal on the next play as time expired, sending the Packers to the NFC championship game with their eighth straight win while thwarting a Dallas rally in a 34-31 victory in the divisional round of the playoffs Sunday.

The throw on the run from Rodgers to Cook came on third-and-20 with 12 seconds left, and after the Cowboys tied the score twice in the final 4:08 after trailing by 18 in the first half and by 15 to start the fourth quarter.

"I love the opportunity to go out there and make plays," said Rodgers, who threw for two touchdowns to give him 21 during the winning streak, although he threw his first interception during the run.

"I was disappointed we had a chance there at 28-13 to go up three scores and make it really difficult for 'em and I threw a pick there on third down. We were able to come down and have two good drives toward the end of the game."

Dallas' rally was led by rookie sensations Dak Prescott and Ezekiel Elliott in their playoff debuts, and the first two career post-season touchdown catches for star receiver Dez Bryant along with the first for 14th-year tight end Jason Witten.

"We're not going to stop no matter what the score is, no matter the game," Prescott said. "It shows the true character of this team."

Crosby's winner was the third field goal of more than 50 yards in the final 1:33 — two from Crosby and one from Dallas' Dan Bailey. And Crosby had to make the winner twice after Dallas coach Jason Garrett called timeout before the first attempt.

Mason Crosby of the Packers kicks the game-winning field goal during an NFC divisional-round playoff game against the Cowboys on Sunday in Arlington, Texas. RONALD MARTINEZ/GETTY IMAGES

SUNDAY In Arlington

34 31

"It's kind of a blur right now," Crosby said. "When we have 35 seconds on the clock and that our offence can move the ball into field goal range and a manageable kick, that's just special."

Rodgers, who sparked last week's wild-card win over the New York Giants with another Hail Mary before halftime, is headed to an MVP showdown with Atlanta's Matt Ryan next Sunday. It will be Rodgers' third NFC title game — all on the road for Green Bay (12-6).

Prescott, whose 11-game winning streak during the regular season sent Tony Romo to the bench when he returned from a pre-season back injury, rallied the Cowboys in a way that probably made Dallas' 10-year starter proud.

AFC

Steelers give Chiefs boot

Chris Boswell set an NFL record with six field goals and the Pittsburgh Steelers defeated the Chiefs 18-16 in Kansas City on Sunday night.

Top-seeded Dallas (13-4), however, ended up with its fifth straight loss in the divisional round and a 21-year drought in trips to the NFC championship game. THE ASSOCIATED PRESS

NHL

Canucks weak on the PP

Vancouver's power play has been a subject of concern as of late, and that isn't about to change after its overtime loss to New Jersey.

The Canucks dropped their fourth straight game on Sunday, a 2-1 decision to the Devils after forward Taylor Hall beat goalie Jacob Markstrom 1:28 into the extra period.

Vancouver came into the game with a woeful 19-for-139 on power-play opportunities this season (13.6 per cent), including going 1-for-8 in its last game, a 5-4 shootout loss in Philadelphia.

On Sunday the Canucks squandered three chances with the extra attacker, including one midway through the third period in which they didn't even manage a shot on goal.

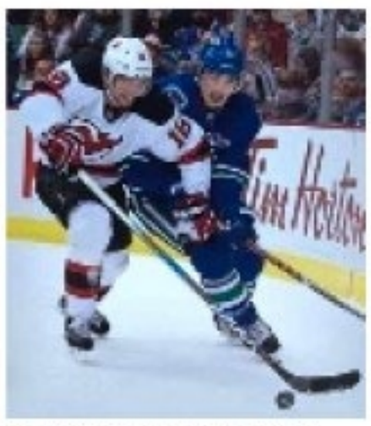
"None of those guys are happy with the way (the power play) is going," said Vancouver head coach Willie Desjardins. "We're all frustrated. From the top of the organization all the way through.

"I said at the start of the year that if we wanted to make the playoffs we needed our power play. I believe that."

The Canucks are two points back of the L.A. Kings for the last wild-card spot in the West.

Kyle Quincey scored in regulation for the Devils (18-18-9), who have won two straight after losing four in a row. Former Canucks goalie Cory Schneider made 21 saves for New Jersey.

Loui Eriksson scored for the Canucks (20-19-6) while backup Jacob Markstrom got the start for Vancouver and made 20 saves. THE CANADIAN PRESS



Canucks centre Brendan Gaunce vies for the puck with Devils centre Jacob Josefson on Sunday at Rogers Arena. THE CANADIAN PRESS

SKELETON

Canadians take 2 of 3 podium spots

Calgary's Elisabeth Vathje and Ottawa's Mirela Rahneva won gold and bronze respectively on Sunday at a skeleton World Cup event in Winterberg, Germany.

Vathje slid to a golden time of 58.02, while Rahneva clocked in at 58.14 for the bronze in the weather-shortened one-run race. Germany's Jacqueline Loelling was second at 58.12.

North Vancouver's Jane Channell finished in 12th at 58.86.

It was the first time in four years that two Canadian skeleton athletes shared the World Cup podium. THE CANADIAN PRESS

Elisabeth Vathje, left, and Mirela Rahneva
DPA VIA THE ASSOCIATED PRESS

IN BRIEF

DeRozan and Lowry efficient for Raptors

DeMar DeRozan had 23 points and Kyle Lowry scored 16 points to go with nine assists as the Toronto Raptors defeated the New York Knicks on Sunday in Toronto.

DeRozan and Lowry did all their damage in just 28 minutes of action apiece, spending the fourth quarter on the bench.

The Raptors (27-13) are now 8-0 against Atlantic Division opponents.

THE CANADIAN PRESS

SKI CROSS

Thompson racks up another victory

Marielle Thompson of Whistler saved her best run for last on Sunday, winning gold in women's ski cross while Calgary's Brady Leman took silver in the men's event at the World Cup in Watles, Italy.

Thompson took an early lead in the final heat and held it all the way down the track to win the title.

It was the fourth victory of the season for the overall World Cup leader.

Leman earned his second silver in as many days, making it his fourth podium finish of the season.

Switzerland's Alex Fiva won the men's race ahead of Leman and Switzerland's Armin Niederer.

Georgia Simmerling of West Vancouver won a silver on Saturday in the women's event, but crashed on Sunday over the finish line in her semifinal. The hard crash sidelined her for the final.

THE CANADIAN PRESS

MAKE IT TONIGHT

Creamy Black Bean Soup

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This soup will bring you to warmer temperatures of the Southwest.

Ready in 50 minutes
Prep time: 20 minutes
Cook time: 30 minutes
Serves 4

Ingredients
For the soup:
- 2 or 3 slices bacon
- chopped (optional)
- glug of olive oil
- 1 onion, chopped
- 3 cloves of garlic, minced
- 2 carrots, chopped small
- 2 stalks of celery, chopped
- 1 bunch cilantro, washed well, stems minced (keep leaves for salsa)
- 1 tsp cumin
- 2 19-oz cans of black beans, rinsed
- 1 litre container low sodium chicken stock
- pinch of pepper

For the Salsa:
- 1/2 ripe avocado, diced
- 1 lime, juiced
- 1/2 tomato diced
- handful of cilantro leaves
- 1 Tbsp of olive oil
- pinch of chili pepper, minced (add more if you want more kick)

Directions
1. In a heavy-bottomed large pot, saute bacon in a bit of olive oil over medium until they crisp. Add onion, garlic, cilantro stalks, carrots and celery and allow to soften, about 5 minutes. Add cumin and cook for another minute. Pour in rinsed beans and stock. Cover and simmer up to 40 minutes over very low heat. Stir every 5 minutes.

2. Chop up your salsa ingredients and let them sit together in a bowl to let flavours develop.

3. Take soup off heat and cool. Use a blender to puree in small batches or an immersion blender to make a puree. Season to taste. Serve plain or with plain yogurt and salsa.

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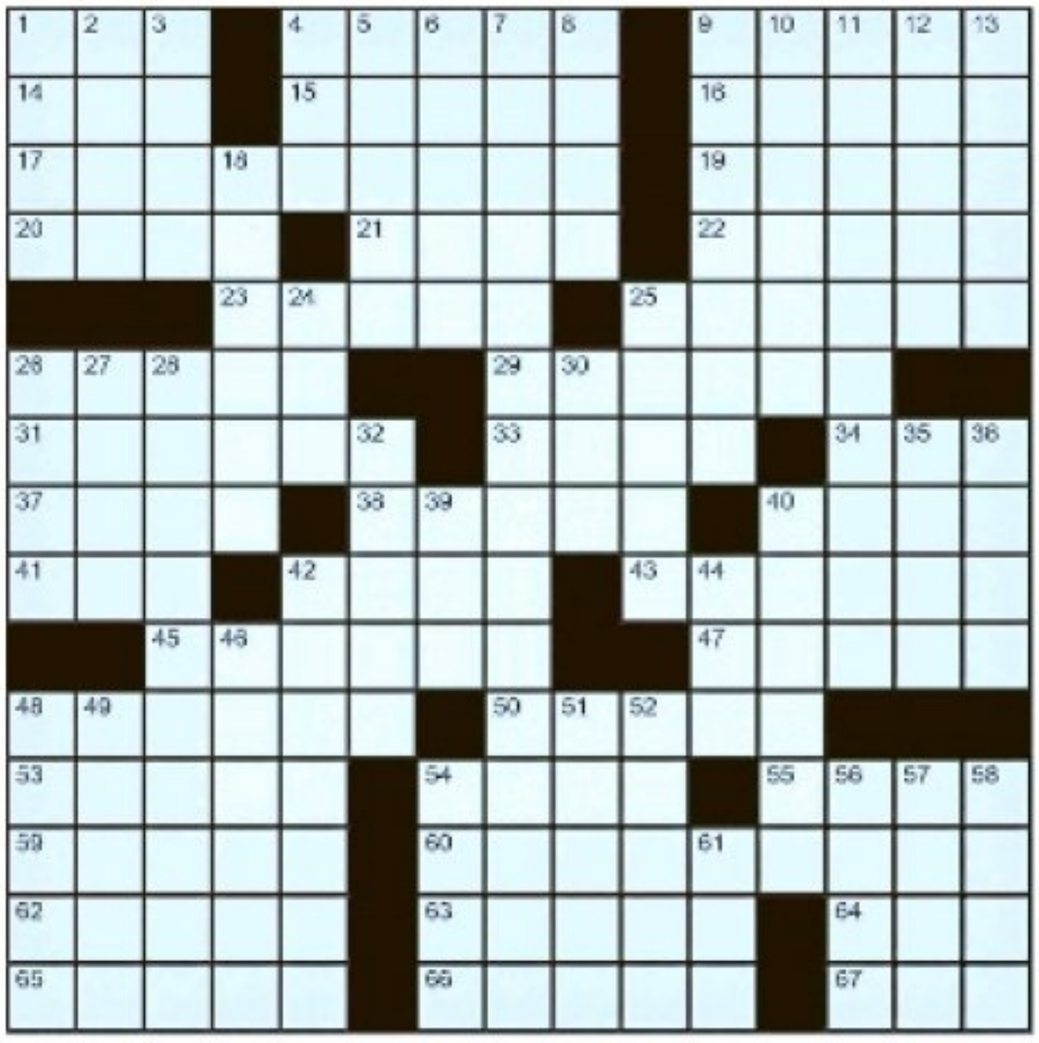
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Alfred E. Neuman's magazine
4. Montrealer's 'thanks'
9. Stinging insects
14. Pres. Lincoln
15. Declares with certainty
16. Nifty neckwear
17. 'We Are Experiencing _ Difficulties'
19. Marshy tract
20. Blackthorn fruit
21. Lounge/idle
22. Veronica Lodge's father in Archie Comics
23. Hoarse
25. They're used in the prep of apple desserts
26. Someone sulking
29. "You _ Be Dancing" by The Bee Gees
31. State not attached to The States
33. Lemony
34. Aye
37. Delicate, as doilies
38. Tree _ (Forest 'chair')
40. Legendary Canuck comedy sketch series
41. 'Impress' suffix
42. CEO's "Now!"
43. Beethoven's 'Moonlight'
45. Deli sandwich ingredient
47. Ceremonies
48. Wine from Spain
50. Harped on
53. Second Cup offering
54. Shredded cabbage
55. Hint
59. Ancient seaport of Rome
60. Silverware maintenance chore
62. War horse
63. Barbra Streisand/Ryan O'Neal movie, "The Main _" (1979)
64. Charles Dickens: Bleak House girl
65. He met Sally in the rom-com
66. Cut orange portion
67. Bryan's co-singers on "All for Love", Sting and _

DOWN
1. Front hallway rugs
2. Genesis son
3. Art _ (Design style)
4. "I'm Your _" by Leonard Cohen
5. Wickednesses
6. Summary
7. Ryan Gosling romantic comedy of 2011 starring Steve Carell: 3 wds.
8. Tropical vacation spot
9. Clunker
10. Whirling
11. Chicken
12. Like an expedition waaaay up north
13. Bouquet 'handles'
18. Unorthodox belief
24. Sacred chest
25. Beatles business, Apple _
26. French Sudan, now
27. Antarctica's Prince _ Coast
28. One up ahead in a field of racers
30. Spotlight lover
32. Ore evaluation
35. 'Bachelor' suffix
36. Ms. Gardner's
39. Tartan-decorated topper
40. Stool pigeon
42. "Wow! That was quick!"
44. Basketball's li'l Magic city
46. More creatively crafty
48. Splash
49. "_ la vista, baby." - The Terminator
51. As the lines in corduroy fabric
52. Southfork family on the famous prime time soap
54. Disgorge
56. Beguiler
57. Nullify
58. "Holy cow!"
61. Female saint in France [abbr.]

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Be patient with others at work today, because this is a tough day for everyone. People are quick to anger, and they also are quick to be critical and gloomy.

Taurus April 21 - May 21
This is a tough day for romance. Romantic quarrels might break out, especially about money and shared possessions. Parents must be patient with their kids.

Gemini May 22 - June 21
Discussions with partners and family members are difficult today. Do your best to avoid family arguments. Put a lid on things. (You won't regret it.)

Cancer June 22 - July 23
This is a quarrelsome day, especially with siblings, relatives and neighbours. Knowing this ahead of time, you can practice patience and set the bar for everyone.

Leo July 24 - Aug. 23
Your financial scene might depress you today. Perhaps you will have an argument with someone about money or possessions, especially when having to do with your kids. Just be cool.

Virgo Aug. 24 - Sept. 23
The main thing today is to avoid arguments with partners, close friends and family members — especially older family members. You don't need this.

Libra Sept. 24 - Oct. 23
You might be annoyed with someone today, but feel you cannot speak up. This is just as well, because everyone is argumentative today. It's not good!

Scorpio Oct. 24 - Nov. 22
Avoid quarrels with friends or members of groups today, especially about money or possessions. Let's face it — there is never enough money. That's how it works.

Sagittarius Nov. 23 - Dec. 21
This is a poor day to get into an argument with a boss or parent, because it could turn nasty. People are easily discouraged and critical today. Take the high road.

Capricorn Dec. 22 - Jan. 20
Avoid controversial subjects like politics, religion and racial issues today, because they will become unpleasant.

Aquarius Jan. 21 - Feb. 19
Disagreements about inheritances and shared property are likely today, especially if an old friend is involved. This is a poor day to resolve anything. Therefore, be courteous and cooperative.

Pisces
Feb. 20 - March 20
Conversations with partners and close friends will disappoint you today because people are standoffish, cold and judgmental. Yikes! It happens.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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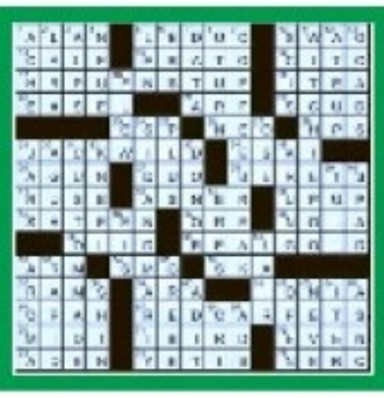

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